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LOVE AND MARRIAGE

KEVIN JONAS AND WIFE DANIELLE ENTER THE REALITY-TV GAME PAGE 16

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Standoff ensues after shooting

Northeast Calgary. Negotiators coax holdouts from home several hours later

ROBSON FLETCHER
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Five suspects in a drive-by shooting a stone's throw from police headquarters surrendered after officers tracked them to a home in Coventry Hills and surrounded the building early on Sunday.

The shooting happened at about 1:30 a.m. in the 4800 block of Westwinds Drive N.E., just across the street from the Calgary Police Service's main centre of operations.

"You could stand in our parking lot, chuck a rock and probably hit the guys that are out there investigating," Insp. Paul Stacey said.

Only one of three men riding in a black BMW sports-utility vehicle was injured by the hail of gunfire, Stacey said, sustaining wounds to the face from broken glass and shrapnel.

Police believe the occupants of the BMW were involved in a dispute with five men in a white Ford Escape before the shooting. They don't believe the incident was gang-related.

Officers tracked the suspects and surrounded a home 15 kilometres away, in the 100 block of Coville Close, at about 4:30 a.m.

Three men surrendered right away and two more followed suit several hours later, after a standoff involving the CPS tactical support team.

Area resident Rick Hunt said he witnessed an older man surrender at about 7 a.m., while a younger man left the home at about 8:30 a.m. and was taken into custody.

Charges are pending.

A member of the Calgary Police Service gathers photographic evidence from a bullet-riddled BMW sports-utility vehicle that was shot up early Sunday morning across the street from police headquarters on Westwinds Drive N.E. ROBSON FLETCHER/METRO

Taxed over taxi licences

Despite the 55 new Calgary taxi licences that came into effect this month, the solicitor general is still worried that demand will outweigh service PAGE 3

Kale kicked up a notch

Try the tangy leaf as a base for citrusy salad PAGE 19

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Blind Bay

Family critically injured in weekend crash

Five members of a Calgary family remained in hospital Sunday following a weekend collision in B.C.

A husband, wife and three children between the ages of eight and 16 were rushed to hospital in life-threatening condition early Saturday after the vehicle they were in veered off the road near Blind Bay.

Four victims were transferred to area hospitals and one was airlifted to Vancouver.

The crash is still being investigated, but RCMP have suggested fatigue may have played a role. Investigators expect to release more information about the victims Monday. METRO

Bow River

Fire teams rescue another raft on Harvie Passage

Fire rescue teams were forced to retrieve another raft from Calgary's Harvie Passage Sunday afternoon as four water enthusiasts on board were dumped out and forced to swim to shore.

Rescue teams were called to the Bow River passage around 3:05 p.m.

The area has become a frequent trouble spot for rafters this summer, leading the fire department to begin designing a new safety boom.

Acting battalion chief Edward Cornez said luckily the rafters involved in Sunday's incident were not seriously hurt.

"They were wet and no doubt shaken up," he added.

JEREMY NOLAIS/METRO

City and provincial officials still don't appear to agree on what is a suitable number of cabs for Calgary. METRO FILE PHOTO

New cabs won't meet city demands: Denis

Service boost.
Cab drivers association head said impaired driving law has created a noticeable increase in weekend business

JEREMY NOLAIS
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Conditions placed on licenses awarded for 55 new cabs will require drivers to work peak bar hours on the weekends, but Alberta's solicitor general and justice minister still worries demand will outweigh service.

Jonathan Denis has long said his Calgary constituency office routinely fields calls about poor cab service and added that he expects tougher sanctions being placed on impaired drivers in Alberta will lead more residents to attempt to hail a ride home.

"This is the city's jurisdiction ... but there have only been (a) few cabs added in the city over the last 20 years and the city's population has doubled over that time," Denis said.

The 55 new taxi licenses voted through by city council in late May and awarded at the beginning of this month came through recommendations from consulting firm Hara Associates and were supported by the volunteer-run Taxi Limousine Advisory Committee (TLAC), which is chaired by Stephanie Ho Lem.

Reached last week, Ho Lem said TLAC stands by the proposal, adding that too many cabs on city streets has the potential to spread earnings too thin among drivers.

But Rajiv Kapil with the Calgary Cab Drivers Association said he's already noticing a surge in demand and has long held the belief that 300 more licenses would be ideal. "Come winter, it could be hard to keep up," Kapil said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Population growth

"If we ask people to plan ahead through a designated driver or a taxi, we have to understand that the city grows every year and we have to keep a certain ratio — that is part of an overall drunk-driving strategy."
Alberta Solicitor General & Justice Minister Jonathan Denis

1 NEWS

Mobile news

Quebec politicians squared off Sunday for the first time ahead of the upcoming provincial election. Scan the code to find out about the night's highlights.

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Basement blaze. Fire forces family of five from home

The mother in a family of five was treated for smoke inhalation after discovering a basement fire in her northeast home on Saturday evening, according to the Calgary Fire Department.

Firefighters responded to the home on Templebow Way N.E. at 6:30 p.m. and found the stairs to the basement badly damaged.

As a result, they battled the blaze from outside the home until the fire had been suppressed sufficiently to enter the basement using a ladder.

The family evacuated the home after being alerted to the fire by the mother. There were no other injuries.

The cause of the fire is under investigation.

METRO

No injuries

Garbage fire prompts hotel evacuation

Guests in a hotel on Hopewell Way N.E. evacuated the building after a fire broke out in a garbage bin near the vending machines on the second floor, according the Calgary Fire Department.

There were no injuries in the Saturday evening fire and the cause is under investigation.

METRO

Log removed

Beaver creates Bow boating hazard

City crews pulled a 45-foot log from the Bow River water near the 10th Street bridge on Saturday — the apparent work of an ambitious rodent.

The Calgary Fire Department believes a beaver felled the large-diameter tree that floated down the river and snagged a bridge abutment, creating a hazard for boaters. METRO

Call for proposals. Pipeline review to be completed by end of November: Province

Alberta wants a review into the safety of its vast network of oil and natural gas pipelines to be completed by the end of November.

The Energy Resources Conservation Board has released its request for proposals for an independent third-party to conduct the review.

The board wants the review to look at how pipeline breaches are responded to, how the integrity of pipelines are managed and the safety of pipelines near bodies of water.

The board says it wants to determine if its regulatory rules are good enough and what needs to be improved.

The province called for the safety review following three pipeline breaches in Alberta this year, including one that spilled 475,000 litres of oil into the Red Deer River.

The deadline for a third-party to apply to conduct the review is Aug. 28.

THE CANADIAN PRESS

Paul O'Byrne hopes to stickhandle a ball across Canada to raise awareness and funds for sexual abuse victims like himself. JEREMY NOLAIS/METRO

Sexual abuse victim hopes to stickhandle ball across country

Help from Flames alum. Theoren Fleury's support encourages man's ambitious fundraising goal

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Paul O'Byrne survived the lowest of lows, so he has no problem dreaming big.

"I am going to stickhandle a ball across Canada," the 27-year-old proclaimed. "I am hoping to raise $25 million."

O'Byrne's motivation stems from being sexually assaulted by a hockey coach he put his trust in while hoping to gain employment with an Ontario midget team.

The 45-minute ordeal created lasting scars, and O'Byrne turned to drugs and alcohol to cope.

"I nearly died," he said. "I was fortunate to find the right people. They pulled me back."

Included in that crowd is Theoren Fleury, the storied Calgary Flames alum who also continues to live with the damage caused by sexually abusive coach Graham James.

Fleury recently convinced O'Byrne to move to Calgary and is now helping his ambitious apprentice of sorts toward his cross-country stickhandling trek, which is officially dubbed the I'm 1 in 5 Cross Canada Tour and slated to begin in June 1, 2013.

The tour's name is derived from rough estimates on the frequency of male sexual abuse.

Fleury, meanwhile, said he's more than happy to help raise awareness about the struggle faced by countless victims.

"There are more places aimed at helping the abusers than their victims," Fleury said. "That has to change."

More information about O'Byrne and his initiative can be found at im1in5.com.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Quoted

"It's estimated that 1 in 5 men are sexually assaulted or abused and that's only accounting for the ones that are actually willing to tell their story."

Paul O'Byrne

Abuser's sentence

- Paul O'Byrne's abuser, Randy Fakelman of Teeterville, Ont., was formally sentenced to six-months house arrest and 18-months probation in early 2008.

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Another gruesome discovery: More possible remains found

Toronto. On Sunday, a bag containing 'fleshy' material was found, the second such suspicious discovery in an area creek

A coroner has been called in to examine a bag containing "suspicious" fleshy material discovered Sunday in the same Toronto creek where possible human remains were found by a homeless man on Saturday.

The discovery was made as Peel police continue to search a park in nearby Mississauga, Ont., where body parts were discovered late last week.

A grey plastic bag containing what appeared to be remains of some kind, was found late Sunday morning in the West Highland Creek, near the Tam O'Shanter golf course, by a Torstar News Service journalist who was photographing search teams in the area.

Police were immediately notified.

The new find was about 100 metres south of the first find. Police immediately expanded the cordon and brought in dog teams.

"It's certainly suspicious. That's why we've sealed off the area and turned it over to forensics," said Sgt. Doug Minor.

Police say they're waiting for the coroner to inform them of what the bag contains.

TORSTAR NEWS SERVICE

Coroner investigating

Toronto police received a call at 1 p.m. Saturday with reports of a suspected body part in West Highland Creek. On Sunday a bag containing possible remains was found nearby.

Police investigate the area of West Highland Creek in Toronto on Saturday after possible human remains were found.

RICK MADONIK/TORSTAR NEWS SERVICE

Remembering Dieppe, 70 years on

Veterans, from left, Fred Engelbretch, 92, Arthur Rossel, 92, Roy Wozniak, 93, Russ Burrows, 93, and David Lloyd Hart, 95, are seen during the commemorations Sunday to honour Allied soldiers killed 70 years ago in a failed Second World War invasion in Dieppe, northern France. Some 1,400 soldiers were killed in "Operation Jubilee" when the Allies tried to briefly invade Dieppe to test German defences.

MICHEL SPINGLER/THE ASSOCIATED PRESS

Missouri. Republican Senate candidate questions whether pregnancy can result from rape

Todd Akin, Missouri's Republican Senate candidate, has questioned whether women can become pregnant when they're raped.

Akin said in an interview with St. Louis television station KTVI released Sunday that pregnancy from rape is "really rare." A video of the interview is posted on the station's website.

Akin has said he opposes most abortions, and said in the interview that if a woman is raped, her body "has ways to shut that whole thing down."

Akin has served six terms and has said he's Missouri's most conservative congressman. He's running against Democratic Sen. Claire McCaskill.

McCaskill's campaign said Sunday that "Akin's record is riddled with policies and votes that hurt women."

Akin said Sunday the punishment for rape should be focused on the rapist and not "attacking the child."

Akin was interviewed on KTVI's The Jaco Report, and also talked about numerous campaign issues such as voter ID laws, the economy and Medicare.

The interview was conducted earlier in the week.

Akin spokesman Steve Taylor declined to comment Sunday, saying he had not yet seen the interview. McCaskill, who is seeking a second term, said she found the comments "offensive."

This month, Akin won the state's Republican Senate primary by a comfortable margin of victory. During the primary, Akin enhanced his standing with TV ads in which former Arkansas governor and presidential candidate Mike Huckabee praised him as "a courageous conservative" and "a Bible-based Christian" who "supports traditional marriage" and "defends the unborn."

Akin, a former state lawmaker who first won election to the U.S. House in 2000, also has a long-established base among evangelical Christians, and was endorsed in the primary by 100 pastors.

Akin said in a statement he believes "deeply in the protection of all life and I do not believe that harming another innocent victim is the right course of action."

Akin's comments also brought a swift rebuke from the campaign of presumptive Republican Party presidential candidate Mitt Romney.

"Governor Romney and Congressman (Paul) Ryan disagree with Mr. Akin's statement, and a Romney-Ryan administration would not oppose abortion in instances of rape," Romney spokeswoman Amanda Henneberg said.

Akin said in an emailed statement later Sunday that he "misspoke" during the interview.

"In reviewing my off-the-cuff remarks, it's clear that I misspoke in this interview and it does not reflect the deep empathy I hold for the thousands of women who are raped and abused every year."

THE ASSOCIATED PRESS

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London. Assange makes first public appearance since seeking refuge

WikiLeaks founder Julian Assange appears at a window of the Ecuadorian embassy in central London on Sunday. SANG TAN/THE ASSOCIATED PRESS

WikiLeaks founder Julian Assange urged President Barack Obama to end a so-called "witch hunt" against his secret-spilling website, appearing in public Sunday for the first time since he took refuge two months ago inside Ecuador's Embassy in London to avoid extradition to Sweden on sex crimes allegations.

The 41-year-old Australian, who has fought for two years against efforts to send him to Sweden for questioning over alleged sexual misconduct against two women, addressed several hundred supporters and reporters as he spoke from the small balcony of Ecuador's mission, watched by dozens of British police.

Ecuador's President Rafael Correa on Thursday granted Assange asylum and he remains out of reach of British authorities while he is inside the country's embassy. Britain insists that if he steps outside, he will be detained and sent to Sweden, as by law it must meet the obligations of a European arrest warrant.

Praising Correa, Assange said "a courageous Latin American nation took a stand for justice," in offering him sanctuary, but did not refer to the Swedish allegations against him. Instead, he attempted to shift attention to what he claims are preparations in the U.S. to punish him for the publication by WikiLeaks of a trove of American diplomatic and military secrets.

Assange and his supporters claim the Swedish case is merely the opening gambit in a Washington-orchestrated plot to make him stand trial in the U.S. — something disputed by both Swedish authorities and the women involved.

THE ASSOCIATED PRESS

One man's battle to breastfeed

Outdated attitudes?
Transgender dad was turned down as a group leader for a breastfeeding advocacy group

Quoted

"This has made us all stop and think. This is the first time in 55 years (of LLLC history) this question has come up."

Fiona Audy, chair of the board of directors, La Leche League Canada, regarding MacDonald's request to be a breastfeeding advocate group leader

Trevor MacDonald, a 27-year-old stay-at-home parent from Winnipeg, is a transgender man who identifies as a dad. He loves breastfeeding, and has been trying to become a group leader with advocacy organization La Leche League Canada in order to coach LGBTQ members. CONTRIBUTED

Trevor MacDonald, a slim man with short silky, dark brown hair, a radiant smile sandwiched between a wispy moustache and goatee, sits bare-chested in a leafy Toronto garden, his infant son sucking gently on his tiny left breast.

In the photo, shot on a recent visit to the city from his Winnipeg home, Trevor blissfully cradles the boy, contentment visible in his features. This is a proud papa breastfeeding his 16-month-old child, just as he has done many times before.

Trevor, a 27-year-old stay-at-home parent, loves fatherhood and, as a transgender man, identifies as a dad. And he loves breastfeeding, owing his confidence and comfort nursing to his La Leche League Canada (LLLC) motherhood support group in Winnipeg.

In early June Trevor wrote a letter to LLLC — an affiliate of the influential international mother-to-mother breastfeeding advocacy group — asking what it would take to become a group leader. He wanted to coach LGBTQ members and those who struggle, like he did, to breastfeed after chest reduction surgery.

LLLC rejected the request seven weeks later, citing an 18-year-old policy: "Since an LLLC leader is a mother who breastfed a baby, a man cannot become an LLLC leader," the organization wrote in its reply, which is posted on Trevor's blog, Milk Junkies.

"You told me that you do not identify as a mother," LLLC continued. "You are your baby's father. According to LLL philosophy the roles of mothers and fathers are not interchangeable. I think that this would make it difficult for you to represent LLL philosophy."

Not interchangeable. Those words resonate strangely to a transgender man. For Trevor, who said he was "disappointed" by LLLC's refusal, the terms motherhood and fatherhood are, at best, quaint. "First and foremost I identify as a parent," Trevor said.

"I suppose I use the term (fatherhood) because it's what we have going in our society, not because I think it's fantastic or I think it's really accurate."

Trevor uses a supplemental nursing system: a bottle with a long, narrow tube filled with milk purchased online from donors. He credits LLLC with helping Jacob suck simultaneously from his father's breast and the tube. TORSTAR NEWS SERVICE

Russia

Anti-gay activists sue Madonna over concert content

Madonna GETTY IMAGES

Some Russian activists have sued Madonna for millions of dollars, claiming they were offended by her support for gay rights during a recent concert in St. Petersburg.

Anti-gay sentiment is strong in Russia. In St. Petersburg, a law passed in February makes it illegal to promote homosexuality to minors, and the author of that law has pointed to the presence of children as young as 12 at Madonna's concert on Aug. 9.

Russian news agencies quote Alexander Pochuyev, a lawyer representing the nine activists, as saying the suit was filed Friday against Madonna, the organizer of her concert, and the hall where it was held, asking for damages totalling 333 million rubles, or about $10.2 million US.

THE ASSOCIATED PRESS

Pups come out to play at fetish contest

Contestants barked, howled and gave inspiring speeches at Ottawa's first-ever National Capital Leather Pride Weekend Pup contest, held at the Centretown Pub.

The contest was similar to the Miss America Pageant — but for people who like to become puppies, dressed up in fetish gear. Contestants were judged in the jock/thong, speech and formal categories.

"Pup play," is an international phenomenon, but has only been organized in the city for the past year, said Mr. Leather Ottawa 2010 Mike Tattersall, who emceed the competition, but isn't a pup himself.

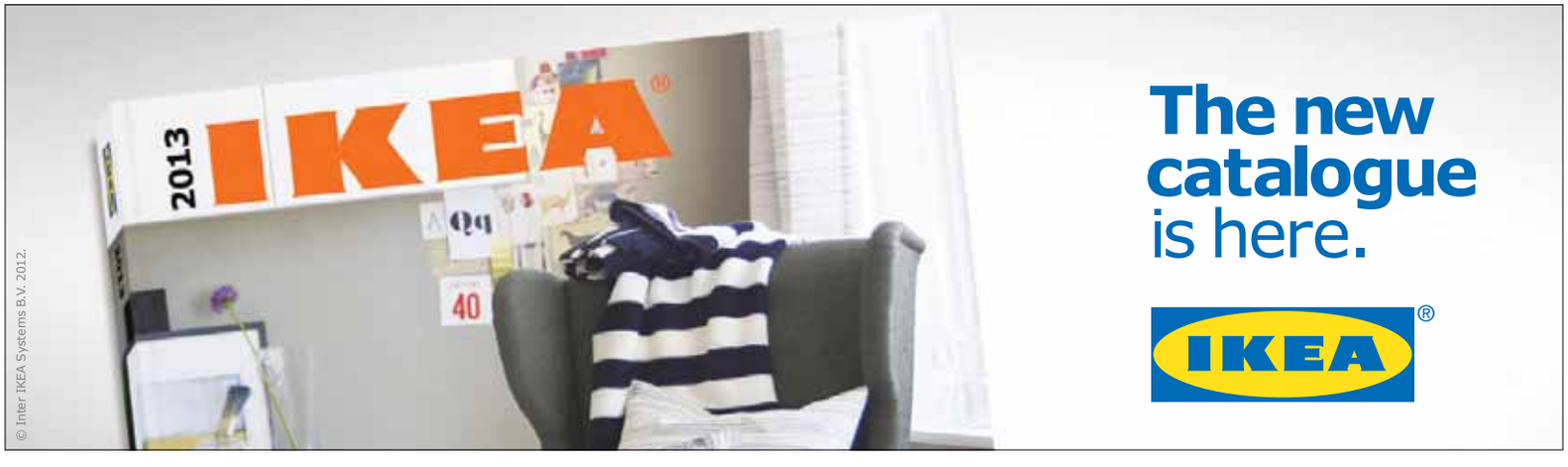
"It's a human expression of freedom and self-expression," said Tattersall. "Imagine a room full of Labrador retriever puppies and the chaos those puppies would do to themselves as they play." Pups will generally wear leather, rubber or other fetish gear. Some have handlers, others are "strays."

Tattersall organized the competition, which he believes was the first in Ontario and perhaps the first in Canada.

The winner, Scout, wore hockey pads, blue underwear and a leather dog mask in the formal wear section of the competition.

JESSICA SMITH/METRO IN OTTAWA

Puppies Johnny, Scout and Rolph compete in the first-ever National Capital Leather Pride Weekend Pup Contest. JESSICA SMITH/METRO IN OTTAWA



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Border guards

Use-of-force incidents decline

Fewer border guards drew their guns, batons and pepper spray last year in an abrupt reversal of a previous trend toward greater use of force at Canadian border points.

There were 147 incidents in 2011-12, a significant drop from 184 in the previous year — the first significant decline in so-called use-of-force incidents since the guards were armed with handguns. THE CANADIAN PRESS

Belgian child rapist

Ex-wife in line for early release

About 2,000 demonstrators in Belgium on Sunday protested the possible early release from prison of the ex-wife of a pedophile, who was an accomplice in his abuse and murder of young girls. Protesters in Brussels braved the year's hottest weather on news that Michelle Martin, former wife of child rapist Marc Dutroux, could move to a convent.
THE ASSOCIATED PRESS

Swimmer endures jellyfish stings in Cuba-U.S. record bid

Third time lucky?
Nyad, 62, is making her third attempt since last summer at a cageless crossing

Diana Nyad takes a break after reportedly being stung by a jellyfish Saturday off Havana, Cuba. Nyad, who turns 63 on Wednesday, is trying to be the first swimmer to cross the Florida Straits without a shark cage.
DIANA NYAD VIA THE FLORIDA KEYS NEWS BUREAU, CHRISTI BARLI/THE ASSOCIATED PRESS

Endurance athlete Diana Nyad forged ahead through the Straits of Florida with renewed vigour Sunday in pursuit of a record 166-kilometre unassisted open-water swim without a shark cage.

The 62-year-old Los Angeles woman was said to be comfortable, confident and steady at around 50 strokes per minute after a harrowing night of painful jellyfish encounters — despite a new-and-improved bodysuit she hoped would offer better protection.

Nyad was stung four times during the night on the neck, lips, hand and forehead, according to members of her 50-member crew who updated fans through social media.

Nyad had planned to don the bodysuit, which covers her from head to toe except for holes for the eyes, nose and mouth, at night, when jellyfish tend to rise to the surface. But it apparently did not work as well as anticipated.

At least two of the stings were from the dangerous box jellyfish, which forced her to cut short her second of two attempts last year as toxins built up in her system.

Nyad, who turns 63 Wednesday, tried a cageless crossing last summer. She also made a failed attempt with a cage in 1978.

A kayak-borne apparatus shadowing Nyad helps keep sharks at bay by generating a faint electric field that is not noticeable to humans.

The team expects Nyad will take at least 60 hours to complete the swim, meaning she would arrive in the Florida Keys sometime Tuesday.
THE ASSOCIATED PRESS

Jellyfish menace

"There are so many jellyfish ... Diana is swimming backstroke right now leading with the cap-covered part of her head to minimize contact."

Tweet from a member of Diana Nyad's crew updating fans on her progress

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Northern Gateway. Info lacking in pipeline risk-assessment research

While Prime Minister Stephen Harper says the fate of Enbridge's proposed pipeline from the Alberta oilsands to tankers on the British Columbia coast will be based on science and not politics, documents show some of that science isn't forthcoming.

And critics say there is no time for the science to be completed before a federal deadline for the environmental assessment currently underway.

Documents filed with the National Energy Board show the environmental review panel studying the Northern Gateway project asked Fisheries and Oceans Canada for risk assessments for the bodies of water the proposed pipeline will cross. The pipeline is to traverse nearly 1,000 streams and rivers in the upper Fraser, Skeena and Kitimat watersheds.

The department didn't have them.

"As DFO has not conducted a complete review of all proposed crossings, we are unable to submit a comprehensive list as requested; however, this work will continue and, should the project be approved, our review will continue into the regulatory permitting phase," DFO wrote in a five-page letter dated June 6, 2012.

All but five of B.C.'s fisheries field offices will be cut as part of a $79 million — 5.8 per cent — cut to the department's operational budget, including the offices in Prince George and Smithers that would have had the lead in monitoring pipeline effects.

THE CANADIAN PRESS

Tourism

Ecuador offers subsidized fuel for flights

Ecuador's president Rafael Correa says the government will offer a 40 per cent reduction in fuel prices for direct routes to and from major cities.

Correa says the aim is to improve connections, productivity and tourism in the country.

THE ASSOCIATED PRESS

Breweries

Heineken raises bid for APB to $4.47 billion

Dutch brewer Heineken NV has raised its bid for a controlling stake in Tiger Beer maker Asia Pacific Breweries to $4.47 billion US, hoping to ward off a rival bid. Singapore conglomerate Fraser and Neave agreed to sell its 39.7 per cent stake in APB to Heineken, which would give the brewer 81.6 per cent of APB. THE ASSOCIATED PRESS

GOOD NEWS TODAY

What would you do with authority? The unseen spirit world recognizes Jesus as the One who wields ultimate authority over them, causing them to tremble at His name. This authority can be vested through you. Do you know Jesus?

(Luke 10:17, Lord, even the demons obey us when we use Your name)

GOODNEWSTODAY.CA

Two girls sit on a lakeside dock, about 200 metres from the collapsed Algo Centre Mall, in Elliot Lake, Ont., on Tuesday. The town of 13,500 is more than two hours from Sudbury, the nearest city, making it difficult for many residents to get to stores now that their local mall is gone. COLIN PERKEL/THE CANADIAN PRESS

Elliot Lake braces for winter without mall

Big loss. For the small Ontario town, the Algo Centre Mall was far more than just a shopping centre

The days are still long and warm but winter is on the minds of many residents of Elliot Lake, a community nestled among the rugged beauty of rocks, forests and lakes of northern Ontario — known now across Canada as the town whose mall collapsed.

Now the remains of the Algo Centre Mall stand as mute evidence of the June disaster that has robbed the town of its main gathering place.

"People have nowhere to go — that was their favourite place to be," said Melanie Lafontaine, who works just down the road. "They liked to hang out there in the mall. That's just how people were."

It's a refrain heard across the town of about 13,500 people as they try to come to grips with the loss of a building that was so much more than just another shopping centre.

The mall provided warmth in winter, cooling in summer. A spot to socialize, have a coffee, get some exercise, and shop, all in one place.

Sixty per cent of the town's retail space was in the mall — 18 stores, nine government offices, and the library. All gone.

Many residents are on fixed income, unable to drive or bear the cost of getting to other communities to shop. Sudbury, the nearest city, is more than two hours away.

Winter is already being felt as parents prepare to send children back to school. But with the disappearance of retailers like Zellers and Dollarama, there's no longer a handy place to buy necessary gear like warm hats and mittens.

Capt. Pamela Stanger, with the Salvation Army, said she's already seen an increase in need for both the drop-in centre and thrift store the organization runs.

"They need a place where they can afford to go to hang out," she said.

THE CANADIAN PRESS

Judicial inquiry

- Last week, judicial inquiry commissioner Paul Belanger and his lawyers spent several days listening to residents' concerns about what happened.
- The inquiry into the collapse and the emergency response is due to begin formal hearings likely in January.
- One of the lawyers, Bruce Carr-Harris, said the probe should offer some comfort to the community — at least by answering questions people have about a tragedy that has become so personal.

YOU SHOULDN'T HAVE TO SETTLE FOR A LEMON WHEN YOU CAN HAVE LEMONADE.

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bodhi

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RATS! OUR FREE STREAK IS OVER

HIGH PLAINS DRIFTER
James Callsen
calgary@metronews.ca

It's always kind of sad when a great streak comes to an end and last week we saw one heck of a run come to a screeching, crashing halt.

Even though it's rather impossible to fully substantiate, Alberta has prided itself on being "rat-free" since 1959. When the Prairie Provinces started seeing an explosion in the Norway rat in the '40s and '50s, the provincial government sprang into action, forming the Rat Patrol, which courageously defended our eastern border for 53 years. That is, until well over 60 rats were found holding court in the Medicine Hat dump.

Rat gross-out heebie jeebies aside, the end of Alberta's so called rat-free status made me realize that our province seems to pride itself on always being "free" of something and, sadly, the bulk of those statues are coming to an end faster than a Medicine Hat rat.

End of an era

Our province seems to pride itself on always being "free" of something.

Remember King Ralph's big "Debt Free" Stampede pancake breakfast declaration? As it was the most grandiose boast, it was also the fastest streak to end, right before a tanking economy and steady Eddie drove us back into the red.

And while Alberta has managed to keep the province PST free, one wonders how long our greatest claim to fame will stick around. Particularly amidst rumors that Premier Redford has refused to rule out an end to that streak as well.

It makes me wonder what new streaks and boasts Alberta can have in the meantime. Here's a few I've come up with:

1) Terrorism-Free Since 1905.

Seriously, there has never, ever been a terrorist act perpetrated on Alberta soil. Take THAT Quebec!

2) Coastline-Free since forever.

We don't have to worry about earthquakes, typhoons, shark attacks, tanker spills or long spells of horrible coastal weather. Forget the East Coast, forget the West Coast. NO COAST is where it's at.

3) Prohibition-Free since 1924

EAT IT temperance movement!

Alright, admittedly that's a really weak list. So maybe we need to work at some things to brag about. How about "high school dropout free" or "smoke free" or "intolerance free"? Lofty ambitions to be sure, but so are the concepts of being tax-free, rat-free and debt-free. Or maybe we can just focus on keeping Alberta free for all people to pursue their pastimes, ambitions and lives.

Curiosity rover landing

What time is it NASA engineer? Mars o'clock

One California family of five is learning what it's like to live on "Mars time" this summer.

NASA flight engineer David Oh had to switch to Martian time after the rover Curiosity landed on Mars earlier this month. His wife and three children decided to tag along to see what it is like.

A day on Mars is about 40 minutes longer than an Earth day, so they've been waking up, sleeping and eating at odd hours. One day last week breakfast was at 3 p.m.

Every mission to Mars, hundreds of NASA scientists and engineers at the Jet Propulsion Laboratory make the time change for three months. But it's unusual for an entire family to join in. The kids will be on Mars time for about a month.

THE ASSOCIATED PRESS

Devyn Oh, 8, flips around a sign on the family's front door for his father, a flight director of NASA's Mars mission. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Seeds? Check. Grass? Check

GETTY IMAGES

Checkerboard? Check

The manicure

Aristocrat's lawn gets a makeover

Artist Caroline Wright and 100 volunteers created this checkerboard design in the garden of English heritage mansion Ham House.

It was done with only hairdressing scissors to recreate the careful conditioning of the 17th century, when the house employed several lawn artists. It is part of the Garden of Reason season, promoting outdoor art.

METRO

Artist's view

"It was hard work — we used two boxes of plasters. But because of the team spirit it went to plan."

Caroline Wright, British artist and project leader. Wright specializes in "performance archaeology," using historic or unique sites and adding a touch of the surreal or fantastic.

Great landscape art

- **Conwy Valley.** The world's largest hedge maze in North Wales, covering two acres with intricate designs and the world's rarest tree.
- **Zhuo Zheng Yuan.** From the Ming Dynasty, this World Heritage site is among the finest gardens in China, featuring islands and Myrtle trees.
- **Missouri Botanical Garden.** Stunning plant combinations and flower beds in this site.

17th-century Ham House is the inspiration for a summer-long art exhibit. GETTY IMAGES

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What back-to-school item would you buy regardless of whether or not you are a student?

Twitter

@sophiedelanie
i wish i was going back to school in two weeks — life would be better in #Calgary #yyc

@JoyBoweEyre
Gotta say I am always amazed and impressed with the #yyc bike pathways. Just finished a gr8 ride with the family

@Karen_Seda
You have a script. I get it. But no. My spandex pants do not have any pockets. Would you like to ask me again though? #airportsecurity #yyc

@realStreetMeat
Im a big fan of global warming #yyc

@Elkano22
I jut had a nice conversation with @TOMayorFord in downtown #yyc. Very personable fellow.

@redheaded101
Tis wasp season once again in #yyc. Time to put the paper lunch bags on my balcony railings.

metro

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SCENE 2

Premium Rush opens on Friday. HANDOUT

Stars get genuine Rush out of making bike film

Dangerous shoots. Joseph Gordon-Levitt and Dania Ramirez talk about the perils of playing bicycle messengers in NYC

NED EHRBAR
Metro World News in Hollywood

Joseph Gordon-Levitt and Dania Ramirez got a hell of a workout and a detailed tour of New York City making Premium Rush, in which they play fast-moving bike messengers. Metro sat down with the stars to talk about filming in the city and how dangerous even pretending to be a bike messenger can be — and to nitpick some geographical inconsistencies in the film.

Joe, you actually went through a cab's windshield while filming. Were there any other particularly close calls or dangerous moments for either of you?

Dania Ramirez: There was one time where I had to do a take where I had to jump the curb to get back on the sidewalk, and this UPS truck just decided to come pull out of nowhere right in front of me, and I had to turn my bike and skid and the whole nine. Every single day we filmed the movie, it was always in the back of my mind. "I hope I don't fall today." Because I fell so many times (laughs).

It can be tricky making a movie in New York, worrying about continuity issues when you turn corners.

Joseph Gordon-Levitt: Actually, the movie's really good about that. It's pretty accurate... I'm trying to think if there were any.

Well, the 1 Train doesn't actually go above ground south of Columbia University.

JGL: And he would be going south. That's right, that's right. We did. You're totally right. We shot that chase scene up in, like, the high 130s. But it looked awesome. I guess I wasn't worried about that. I just got done shooting a movie where Gotham City is made up of L.A., Pittsburgh, New York and parts of outside London. So to me if it's seamless in the movie, it doesn't bother me.

How was the experience of shooting on campus at Columbia, your alma mater?

JGL: It was a trip, man, because we shot in 2010, which is basically exactly 10 years after I arrived as a freshman and was living in (the dorm) John Jay, so yeah. It's just a bizarre thing to make it back 10 years later. It was the first time I had shot on campus.

In what parts of the city were you particularly excited to film?

DR: I was looking forward to riding around Chinatown. I just think on film it's so interesting to watch that part of the city.

JGL: I liked shooting uptown, actually, even if it might be a little inconsistent (laughs). Because just that part of town is maybe a little lesser known, and it is so pretty — maybe not pretty in the sense of peaceful or whatever, but it's a really visually striking part of town with the train up there. And it's a part of town that I spent a fair amount of time in because I went to school up there and lived in Harlem for a year and a half.

Have either of you seen 1986 Kevin Bacon film Quicksilver before?

DR: I've had so many people come up to me and actually tell me about it.

JGL: Especially people who are into bikes, I've found. "Oh, so you're doing Quicksilver." It's like, I guess I've got to see this movie. S—, sorry. I still haven't seen it. I've been told about it a lot. I still haven't watched it.

DR: At this point I kind of don't even want to (laughs).

Married to Jonas. Singing brother gets domesticated

Viewers who tune into Kevin Jonas' new reality show with his wife, Danielle, will see a different side of the 24-year-old singer.

On Married to Jonas, Kevin jokes about sex and squabbles with Danielle. The show, which premiered Sunday on E! (10 p.m. EDT), isn't about the Jonas brother who wore a purity ring and seemed too good to be true. This time, he seems more relatable.

Kevin says he viewed the show, produced by Ryan Seacrest Productions, as an opportunity to show the public that he and Danielle are a normal couple.

"Doing a show like this, you kind of have to take it in stride, and we looked at it as an opportunity to show who we are as a couple without them making that decision for us," he laughed during a recent interview.

Danielle, 25, jokes the one thing that viewers will be surprised to see about her husband is "how messy Kevin is."

And unlike Jessica Simpson and Nick Lachey and Jon and Kate Gosselin, Kevin and Danielle say filming the show didn't blow them apart but made their relationship stronger.

"We get to talk so much about things you might put aside and not want to bring up ... and we talk through things more instead of yelling," she said.

The show also follows Kevin and his brothers Nick and Joe as they go back to the studio as the Jonas Brothers. The Jonas Brothers announced Friday that after three years, they will return to the stage for a one-night performance at Radio City Music Hall on Oct. 11.

THE ASSOCIATED PRESS

Kevin Jonas and his wife, Danielle. GETTY IMAGES

On the web

Nicki Minaj cancels performances at U.K.'s V Festival due to damaged vocal cords

Jonas Brothers

Brothers reuniting for another album

After three years of pursuing solo projects, the Jonas Brothers are getting back together — for one night at least. The three brothers will be hitting New York's Radio City Music Hall on October 11 in the midst of work on their first album in nearly four years, according to Us Weekly. "We know it's time to come back and do another album," eldest brother Kevin Jonas says. "It's time. We need to be back on the road together."

Robert Downey Jr.

Production on hold after Iron Man injury

Production on Iron Man 3 has halted after the franchise's star, Robert Downey Jr., was injured on set, Marvel Studios confirms in a statement. "Robert Downey Jr. sustained an ankle injury on the set of Iron Man 3 in Wilmington, N.C., while performing a stunt," the statement reads. "There will be a short delay in the production schedule while he recuperates. There's no word on how much the delay will cost the production.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rick Ross for prez? Why not

The election cycle tends to bring out the usual celebrities touting their causes and endorsements, from Brad Pitt and Angelina Jolie (the legalization of gay marriage) to Kid Rock (something indiscernible about freedom and 'merica).

We're not sure what it says about us, you or shining seas, but Rick Ross' rundown of the heavy-hitter issues in Rolling Stone is about as well-reasoned and coherent as you'll hear in any debate:

On the medicinal properties of marijuana
"I call it green caviar. It's like a short vacation — it helps me chill out. And people really love it when I chill out, because I can really be a d—head."

On gun control
"I think we all have a right to bear arms, whichever amendment that is."

On the place of religion in schools
"They wanted me to learn the Ten Commandments. I told them I didn't really have time for that right now,"

On gay marriage and free speech
"Chick-fil-A obviously took their stand. That's their right — the same way the pro-gay people are taking their stand. I believe everybody got the right to live their own life the way they want to."

Robert Pattinson

Stay away from her, Pattinson friends say

While it's unclear how Robert Pattinson will proceed with his relationship with Kristen Stewart after her infidelity came to light last month, his friends reportedly think he should dump her, according to Us Weekly.

Pals of Pattinson — including Sienna Miller and Tom Sturridge — have been "begging Rob to end it for good," a source tells the magazine. "They think she will hurt Rob again."

Twitter

@ElizabethBanks
Had my first in-depth Honey Boo Boo conversation tonight at dinner. Feeling very pop culture-y/time waste-y.

@SamuelLJackson
Interview tips: enunciate, conjugate & less "you know", ya know? Cause We don't! Thanks.

@twhiddleston
To those whom I met, with whom I worked, and by whom I was given a life-time's supply of chocolate in Köln this summer: thank you & so long.

@sethmeyers21
"Based on a True Story" on a movie poster basically just means "has people in it."

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LIFE 3

My daughter, 4, still wants the stroller. Is that odd?

Debate. I don't care if it's considered too old, says our Mommyish writer, who says it's easier for her child

LINDSAY CROSS
mommyish.com

How old is too old for a stroller? ISTOCK IMAGES

There are a lot of people who don't like strollers. They're big. They get in the way of everything. They are impossible to manoeuvre through a doorway without assistance. They're expensive for no real reason. Man, strollers suck. But I still use one on day trips with my four-year-old.

First, I guess I should backtrack on strollers sucking. It's really not that the strollers themselves are to blame. There are people with strollers who suck. There are actually people everywhere who suck, whether they're pushing around a child in a carriage-like contraption or not.

You just notice that the people with strollers suck more because they're easier to pick out of a crowd. What with their behemoth of a baby-cart and all. But believe it or not, there are other kinds of people out there pushing strollers.

Although plenty of people wonder why I still use a stroller or wagon at all. My daughter is four years old. She can walk just fine. She probably runs faster than I do, no matter how little those legs are. Shouldn't she be able to walk on her own?

I've gotten plenty of looks when I whip out the stroller for a longer zoo trip or a big day of shopping. Amusement parks, fairs and festivals are all appropriate times for me to lug out my stroller, but some question why it's necessary.

The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well.

A four-year-old can obviously walk around on her own. She can even walk around for hours on end when the situation calls for it. We go hiking and she walks miles with no problem. So if she really needed to walk around the zoo all day long, I'm sure she could.

However, when we have full-day trips, little kids just don't have the stamina of adults. Especially in the heat, our little girl gets worn out after a while.

I like to think I'm actually saving people from the possibilities of a moody child throwing a tantrum. Tantrums don't happen for us when our tuckered-out little one can take a minute in her stroller and take a break.

My daughter gets plenty of movement and exercise on a day-to-day basis. I don't need to test her endurance on a day at an amusement park.

Quoted

"The truth is that my daughter still likes her stroller. And on a really long day when she's likely to get tired and frustrated, I really like her stroller as well."
Author Lindsay Cross

On the Web

You're definitely the cutest and best dressed wedding date Mommy could ask for, but did you have to cry louder than the maid of honour during her toast to the bride? Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Helping teenagers deal with peer pressure

With the teen years comes more independence — but so much freedom can leave room for students to be pressured into doing what they normally wouldn't.

Dr. Philip R. Herschman, chief clinical officer for CRC Health Group, the largest provider of addiction treatment in the U.S., teaches us how you can help your teen avoid those types of situations.

Start before college

"It all starts before that young adult moves into college. (If) that child is raised with a good value system and has learned how to make decisions through a normal maturational process, good parenting will instill a good value system. A good value system will lead to good decision-making."

Plan for the situation

"I have children, and when they move to a college setting I'll talk to them about it prior to them getting in that setting and say, 'These are the kinds of things that you might be faced with. If you are, how would you respond? Let's think about it now and plan for it so that when it happens, it's much easier to deal with.'"

Have them offer alternatives

"(They can) say, 'It's just not something I want to do, but I'd love to go to a movie with you later' or 'I'm sorry, drinking is not something I want to do. I'm happy to be your designated driver and go out and have fun with you.'"

Teach them to be firm

"That's why practicing ahead of time is helpful. (Tell them) you've got to be clear. You've got to look somebody in the eye and say, 'No.'"

Discourage judgments

"Don't (have your kids) tell them they're bad for drinking. That will end relationships."

Talk about safe dating

"(A) first date shouldn't be, 'Let's meet at his house for dinner' but 'Let's go have dinner in a public place.' You have to know somebody before you put yourself in a situation where it's difficult to exit."

A good value system will lead to good decision-making. ISTOCK IMAGES

Let go

"At some point, you've got to trust your kids to make the right decisions. You can't sit on their shoulders the whole time." METRO NEW YORK

On the Web

Reasons mommy drinks #72: Weddings. Scan this code or visit metronews.ca/voices to find out why the singles table has its perks.

Kick your side salad up a notch with citrusy kale

Ingredients

- 6-8 handfuls of kale (baby kale that is organic and pre-washed if possible)
- 3/4 cup walnuts
- 2 small oranges sliced

Dressing:
- 1/3 cup sesame or extra-virgin olive oil
- 1/2 cup brown rice vinegar
- 4 tbsp orange (naturally) flavoured Omega 3 fish oil (or hemp or flax oil)
- 1/2 cup fresh mint
- Fresh juice from 1 orange
- 2 tbsp orange rind

This recipe makes four servings. NEWS CANADA

As summer comes to a close, families, neighbours and friends will be hosting a lot of get-togethers and feeding the masses. You're bound to see the usual spread of hamburgers, chips and soda pop.

But if you'd like to step it up and mix in an original, healthy and tasty dish that offers your guests a megawatt dose of bio-available minerals, the Canadian Health Food Association has the recipe to do just that. You can find the ingredients at any natural health retailer, or visit chfa.ca.

1. Place all dressing ingredients into a food processor and blend until the mint is completely chopped up, about 30 seconds. Place your leafy greens into a large bowl and toss with the dressing. Sprinkle with walnuts and orange slices.

NEWS CANADA

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Sausage vs. hot dog: Street meat is often the go-to choice for those on the run. But they may also be the unhealthiest choice around.

Sausage with fried onions, cheese sauce and peppers

887 calories / 55 g fat
This is one of the unhealthiest foods available — more than half your daily calories in fat and a complete day's worth of salt.

Equivalent
This is equivalent to 42 grilled medium shrimp in calories.

2 hotdogs with mustard, ketchup and relish

388 calories / 22 g fat
I don't like endorsing nitrite and sodium-filled processed meats, but in this case two dogs are better for you than the sausage!

Garlicky Grilled Kale. Perfect as a side, in stir-fries or tossed with pasta

Ingredients

- 1 tbsp garlic powder
- 1 tbsp smoked paprika
- 1/2 tbsp ground cumin
- 1/2 tbsp kosher salt
- 1/2 tsp ground black pepper
- 1 large bunch kale
- 2 tbsp olive oil

1. Heat a grill to medium-high. Line a heavy baking sheet with foil, or use a disposable foil baking sheet. Coat the foil or baking sheet with cooking spray.

2. In a small bowl, mix together the garlic powder, smoked paprika, cumin, salt and pepper. Set aside.

3. Trim off and discard the thick stems from the kale. Coarsely chop the kale leaves, aiming for pieces about 2 to 3 inches. Place the chopped kale in a large bowl, then drizzle it with the oil. Use your hands to toss the kale to coat evenly with the oil. Sprinkle half of the seasoning mixture over the kale, then toss again. Sprinkle the remaining seasoning and toss again.

4. Spread the kale in an even layer on the prepared baking sheet. Place the baking sheet directly on the grill and cook with the grill covered for 7 minutes, or until the kale is crisp and begins to brown. Serve immediately.

THE ASSOCIATED PRESS

Turn nutritional powerhouse into a cheesy, crunchy snack

Ingredients

- 1 large bunch fresh kale
- 250 ml (1 cup) walnut pieces
- 125 ml (1/2 cup) shredded extra old cheddar cheese
- 30 ml (2 tbsp) Dijon mustard
- 75 ml (1/3 cup) water

This recipe makes about 6 cups. THE CANADIAN PRESS

A nutritious alternative, these scrumptious kale chips offer just the right amount of comfort and crunch. The combination of nutrition-packed kale and antioxidant-rich walnuts, spiced up with mustard and aged cheddar cheese make this a great snack that is also good for you.

1. Tear kale leaves into bite-sized pieces and remove ribs. Wash and dry leaves thoroughly and set aside.

2. In a food processor, combine walnuts, cheddar, Dijon and water and pulse into a paste. Transfer paste to a large mixing bowl and add kale leaves, tossing to coat evenly. Remove large clumps from leaves or spread out on leaves. (Do not apply too much walnut mixture on the kale leaves as this will prevent even drying.)

3. On parchment-lined baking sheets, place a single layer of kale leaves a finger-width apart. Bake one sheet at a time on the centre oven rack for 15 to 20 minutes until crisp. (Do not let the chips brown as they will taste bitter.)

4. Chips will keep in air-tight container for up to one week.

THE CANADIAN PRESS

Mary Brown's CEO Greg Roberts on success, humility and chicken

Path to success. Entrepreneur accountant explored several avenues of business before sinking his teeth into successful franchise

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Greg Roberts grew up on Triton, a little island off the coast of Newfoundland, but as a young boy he had big dreams.

After graduating with a degree and becoming a chartered accountant, he acquired a gas station and restaurant; then a pharmacy. Two pizza franchises and real estate ventures followed.

But Greg had his eye on the big prize. When the franchise rights for Mary Brown's Famous Chicken and Taters became available, he mortgaged everything he had to buy the brand.

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Today, Roberts has close to 100 franchises in Canada, 1,250 employees, a flagship store in South America and hundreds of international franchises in the planning stages.

"All in 14 years. It feels like 40," Roberts says with a laugh.

Five steps

1. You need a great idea and an even better plan to make it happen.
2. Surround yourself with great people that are as passionate as you and then listen to them.
3. Never become arrogant and believe you know it all.
4. Get a great education and keep on learning and taking courses.
5. Never forget where you're from and never ask someone to do something you wouldn't do yourself.

His advice?

"Work hard. Be candid. Listen to everyone and make the right decisions. At the end of the day I don't want to be the richest man in the cemetery. I just want to be known as a good person and an even better family man."

Canadians were first introduced to Mary Brown's in Newfoundland in 1969.

Quoted

"At the time I didn't think it was a gamble because I knew the business and knew it had a lot of potential"

Mary Brown's chairman and CEO Greg Roberts looking back on his acquisition of the profitable food franchise.

Mary Brown's chairman and CEO Greg Roberts mortgaged everything to bet on the chicken franchise's success. ISTOCK

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Today's students should take advantage of the educational uses of technology, but boundaries need to be set. ISTOCK

Managing your child's digital distractions

New school.
Smartphones, tablets and computers can be great tools for a child's learning ... when they're used appropriately

It's time to pack up the beach towels and sunscreen and wipe the dust off your child's knapsack in preparation for the back-to-school season. Along with buying first day school outfits and brand new pencil cases, parents are gearing up to ensure their children's transition into the school year comes with ease.

More than ever before, devices such as smartphones and tablets are becoming useful learning tools for students, so it's become more important for families to set up a connected homework space to ensure their kids are prepared for the school year.

"With many students now studying on their computers, tablets and smartphones, digital distractions can be heightened, which means there is much more for parents to consider when creating a connected workspace in the home," says Stephanie Lancaster at Rogers Communications.

To help your children thrive this school year, here are some tips for creating a connected homework space:

• **Access a secure Wi-Fi home network**
Use a Wi-Fi router to easily connect your smartphone, tablet, printers or external hard drive on one network for easy sharing. Technical support services are available to help setup Wi-Fi connections and ensure you've secured your home network. Service agents can also set up your home computer via remote access and ensure that all of your home office technology runs smoothly.

• **Establish flexible work stations**
With connected tablets and laptops, parents can set up more than one homework space in any location of the house with a Wi-Fi connection. Depending on the homework tasks, students can easily move their studying from the kitchen to the home office.

• **Set expectations and rules on Internet usage**
Set boundaries around when your kids can use the home Internet connection. Lancaster advises that parents become familiar with the controls and guest network features available. From monitoring time or data usage to setting automatic curfews on your children's Internet use, boundaries can be easily set by establishing a guest network on your connection.

NEWS CANADA

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Giving your child guidance on their first day of school

A child's first day at school can be much easier if they have a good idea of what they're walking into. ISTOCK

The next step. Helping your kid become familiar with their new environment will make the transition smoother for both child and parent

LINDA CLARKE
Metro New York

The first day at school isn't what it used to be. These days, by the time most children start formal education they're relatively comfortable with separation from the home and parent, says Jayne Singer, the clinical director of the Child and Parent Program at Boston Children's Hospital.

"Children who have had high-quality day care or preschool make a better transition to school both emotionally and socially," she says.

Still, even leaving a private play-based preschool to go to a public school is a big transition, but there's a lot parents can do to ease a child's stress with any environmental change. When it comes to easing anxiety, familiarity breeds comfort.

"Give the child guidance; show them pictures of their new classroom or school. A lot of schools have the good sense to hold open-houses or have a welcome visit. Visit the school, visit the playground. Show them the classroom and where they will play. The sense of familiarity will ease anxiety."

"Also," adds Singer, "younger children do well with concrete reminders about the passage of time. Get a calendar and mark off the days until school starts. Turn it into a craft project. Say, make a flower and add a petal for each day."

One thing parents should watch for is transferring their anxiety. "Parents shouldn't assume a child is anxious or feels separation. Don't ask, 'Are you scared?' Let the child bring it up and if they do, say, 'Of course you are. I feel nervous when I do something new.'"

Parents should also get ready in advance

"Have a conversation with personnel at the school so you are prepared for the environment," says Singer.

"The more parents know about the school, the more authentic they are in offering guidance to the child. Tell your child they will have a chance to play, they will have a place to draw and paint. Give them concrete examples of what is there. Give them a vision of the classroom as a kind and supportive place."

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New students at post-secondary institutions should force themselves to meet new people. ISTOCK

Transition. Handling the post-secondary social shift

One of the major transitions many young adults make is the shift from high school to college life. Gone are the comforts of home, the security of past friendships and a routine existence. Instead, the college experience puts new students in an entirely new social setting with unrestrained freedom. This monumental change in lifestyle is one that may make some incoming students nervous.

"I would say, first and foremost, there's anxiety. There's fear," says mental health counsellor Kelly Shanley. "There's also the very positive emotions – happiness, joy, excitement, anticipation of being independent for the first time."

"With everything being online nowadays, I think people find – before they even get to the school because they're already on Facebook – that they'll go on and just become friends with people that are similar ages and similar backgrounds, whatever their majors are."

However, Shanley warns that too much of a good thing exists if digital friendships overshadow interpersonal relationships. This is especially true in the first few weeks, when most people don't have established friendships and it's perfectly fine to introduce yourself and be friendly to as many people as possible. Shanley says that once students are on campus, getting out and meeting people is critical to social development. She also adds that early on, colleges aim to promote these interactions.

"For example, some dorms have different mixers, meet-and-greets, ways for people to get out," Shanley says. After that, students should seek out peers with similar interests.

METRO

Merriam-Webster looks to modernize in Oxford fashion

Modern language.
Surprising new additions to American dictionary are a combination of slang and abbreviation

Merriam-Webster is following in the footsteps of Oxford and adding a modern twist to its repertoire.

They're words we often hear and often say: Man cave, F-bomb, gastropub, mash-up, energy drink.

Now, they'll find a place among the pages of the 2012 update of Merriam-Webster's Collegiate Dictionary.

According to Merriam-Webster Editor-at-Large Peter Sokolowski, the updates are really just a testament to the ever-changing English language and our ability to reshape it through new generations.

"Some of the new words this year provide colourful images," he said. "Terms like 'man cave,' 'underwater' (when used to describe mortgages), 'earworm,' and 'bucket list' paint vivid pictures in your mind. They show that English-speakers can be very creative as they describe the world around them."

Creative, indeed! Energy drink? That takes wit.

About a year ago, the 12th edition of the Concise Oxford English Dictionary set the pace for all other dictionaries when it added "domestic goddess," "woot," "gastric band" and "sexting" (which is also included in the new Merriam-Webster's). The definition is: the sending of sexually explicit messages or images by cellphone.

METRO NEW YORK

New additions

Here's the full list of the new words added to the 2012 update of Merriam-Webster's Collegiate Dictionary. Some of them, however, aren't yet recognized by spell-check. Get on board, Microsoft!

- aha moment
- bucket list
- cloud computing
- copernicium
- earworm
- energy drink
- f-bomb
- game changer
- gassed
- gastropub
- man cave
- mash-up
- sexting
- systemic risk
- underwater

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SPORTS 4

Riders' rough slide continues against Lions

CFL. B.C. hands Saskatchewan a fourth-straight defeat

Sunday's game

Lions	Roughriders
24	5

The fumble on the first play from scrimmage looked like an omen for Travis Lulay.

But he made sure it wasn't.

After committing the early turnover, the B.C. Lions quarterback delivered a strong performance to beat the Saskatchewan Roughriders 24-5 on Sunday before a crowd of 34,343 at B.C. Place.

Lulay ran for one touchdown, threw for another and handed off for one more as the Lions (5-3) retained sole possession of first place by posting their third straight win.

"Mistakes are going to happen in a football game," said Lulay. "That's an important part, when a mistake happens being able to take a deep breath, relax, go out and play the next play without getting flustered and I was able to do that and the team felt that around me."

The Riders (3-4) suffered their fourth-straight loss after opening the season with three consecutive wins.

Saskatchewan has not won since beating B.C. in July. Conversely, the Lions have not lost since then.

"Right now at this point we've got work to do," said Riders coach Corey Chamblin. "We'll find a way to win. There's some individual units that are getting better. That's the positive about it.

"I understand that we're a young team — that's no excuse. That was a good B.C. Lions team out there today, a veteran team. We've just got to make sure that we get some of our young guys turning into vets soon."

Arland Bruce and Ernest Jackson scored B.C.'s other touchdowns. The Lions' other points came in the form of a field goal and converts from kicker Paul McCallum.

Saskatchewan only managed a first-quarter field goal by Sandro DeAngelis, who only made two attempts, and a safety conceded by McCallum in the final minute.

The Lions held their opponent without a touchdown, and under 10 points, for the third straight game. Cauchy Muamba led the way defensively as he recorded two interceptions.

THE CANADIAN PRESS

Mitchell sits out

B.C.'s strong defensive performance came despite the absence of key pass rusher Khalif Mitchell, who sat out the first of a two-game suspension for twisting Edmonton offensive lineman Simeon Rottier's arm.

Kory Sheets goes flying after being hit by B.C. Lions Adam Bighill, back, and Dante Marsh, not pictured, Sunday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

Baseball

Panama blasts past Canada at little league series

James Gonzalez had two homers and six RBIs, including a grand slam, and Aguadulce, Panama, defeated the Hastings All-Stars from Vancouver 8-3 on Sunday to stay unbeaten at the Little League World Series.

THE ASSOCIATED PRESS

MLB

Cabrera associate tried fabricating defence: Report

An associate of San Francisco Giants all-star Melky Cabrera purchased a website and attempted to create evidence to support a claim that the outfielder inadvertently took the substance that caused a positive drug test, the New York Daily News reported Sunday.

Baseball officials uncovered the scheme as Cabrera prepared his case to challenge the test. Cabrera's grievance then was dropped, and Major League Baseball announced a 50-game suspension Wednesday.

Cabrera tested positive for testosterone, MLB said.

THE ASSOCIATED PRESS

Melky Cabrera
THE ASSOCIATED PRESS FILE

Mobile sports

Things were supposed to look a lot different for the New York Jets' offence. Through two pre-season games, the Jets (0-2) have failed to score a touchdown and Tim Tebow has yet to be the spark that was expected. Is it too early to worry? Scan the code for the story.

Rangers rout Blue Jays

Henderson Alvarez tosses his glove into the dugout after being pulled in the fifth inning against the Texas Rangers Sunday at Rogers Centre in Toronto. Michael Young homered and drove in five runs and Matt Harrison allowed two hits in eight innings as Texas beat Toronto 11-2.

BRAD WHITE/GETTY IMAGES

Federer finely tuned as U.S. Open draws near

Roger Federer finds a lot to like about Cincinnati — the big crowds for his matches, the quiet time away from the court, the way his game seems to come together on the fast, blue courts.

Probably helps that he often takes home the trophy, too.

Make it five for Federer.

The world's top-ranked player won a record fifth Cincinnati title Sunday, dominating second-ranked Novak Djokovic in an unprecedented way at the start of a 6-0, 7-6 (7) win for the Western & Southern Open championship.

The 31-year-old Swiss star has enjoyed many of his one-week visits. None was better than the latest.

"Looking back, it's just unbelievable," Federer said. "This was probably the best week for me here in Cincinnati. I didn't lose a set. This is very sweet, no doubt about it."

Federer heads to the U.S. Open feeling healthy and fine-tuned. He skipped the Rogers Cup in Toronto last week, giving himself some time to recover from the Olympics in London.

He's also regained the upper hand against one of the players who stands in his way.

Djokovic had put together a run of three straight wins over Federer in tournament semifinals, starting with the U.S. Open last year. Federer turned it around by beating the Serb in the semis at Wimbledon last month.

THE ASSOCIATED PRESS

Roger Federer won the Western & Southern Open title Sunday.
MATTHEW STOCKMAN/GETTY IMAGES

Women's draw

In the women's final, Li Na (9) defeated Angelique Kerber (5) 1-6, 6-3, 6-1. Li recently lost to Petra Kvitova in the Rogers Cup final but kept up her strong play for her first tournament victory of the season.

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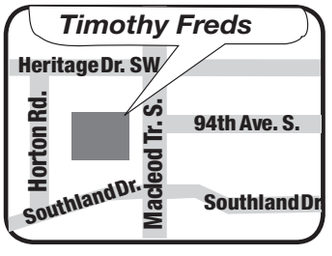

MLB

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Boston	59	63	.484	13½
Toronto	56	65	.463	16

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Chicago	65	55	.542	—
Detroit	64	57	.529	1½
Kansas City	54	66	.450	11
Cleveland	54	67	.446	11½
Minnesota	50	70	.417	15

WEST DIVISION

	W	L	Pct	GB
Texas	70	50	.583	—
Oakland	65	55	.542	5
Los Angeles	62	60	.508	9
Seattle	58	64	.475	13

Sunday's results
Baltimore 7, Detroit 5
Texas 11, Toronto 2
Kansas City 5, Chicago White Sox 2
Tampa Bay 8, L.A. Angels 3
Oakland 7, Cleveland 0
Seattle 5, Minnesota 1
N.Y. Yankees 4, Boston 1
Saturday's results
Texas 2, Toronto 1
Boston 4, N.Y. Yankees 1
Baltimore 3, Detroit 2
Kansas City 9, Chicago White Sox 4
Oakland 8, Cleveland 5
Tampa Bay 10, L.A. Angels 8
Seattle 3, Minnesota 2
Monday's games
Kansas City (W.Smith 4-4) at Tampa Bay (Hellickson 7-8), 7:10 p.m.
Baltimore (Mig.Gonzalez 5-2) at Texas (Dempster 1-1), 8:05 p.m.
N.Y. Yankees (F.Garcia 7-5) at Chicago White Sox (Floyd 9-9), 8:10 p.m.
Minnesota (Duensing 2-8) at Oakland (McCarthy 6-4), 10:05 p.m.
Cleveland (Jimenez 9-12) at Seattle (Millwood 4-10), 10:10 p.m.
Tuesday's games
Toronto at Detroit, 7:05 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
L.A. Angels at Boston, 7:10 p.m.
Baltimore at Texas, 8:05 p.m.
N.Y. Yankees at Chicago White Sox, 8:10 p.m.
Minnesota at Oakland, 10:05 p.m.
Cleveland at Seattle, 10:10 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout LAA	98	396	95	136	.343
MiCabrera Det	120	473	81	157	.332
Revere Min	82	345	46	110	.319
Mauer Min	110	408	67	130	.319
Jeter NYY	118	504	72	160	.317
Ortiz Bos	89	320	65	101	.316
Konerko CWS	103	385	51	121	.314
Fielder Det	120	436	65	135	.310
AEscobar KC	116	444	50	137	.309
AJackson Det	98	386	76	119	.308

HOME RUNS - ADunn, Chicago, 35; Hamilton, Texas, 34; Granderson, New York, 32; MiCabrera, Detroit, 31; Encarnacion, Toronto, 31; Willingham, Minnesota, 31; Trumbo, Los Angeles, 29.
PITCHING - Price, Tampa Bay, 16-4; Weaver, Los Angeles, 15-3; Sale, Chicago, 14-4; MHarrison, Texas, 13-7; Vargas, Seattle, 13-8; Sabathia, New York, 12-3; Scherzer, Detroit, 12-6; Verlander, Detroit, 12-7; Darvish, Texas, 12-9; PHughes, New York, 12-10.
Not including yesterday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	75	46	.620	—
Atlanta	70	51	.579	5
New York	57	64	.471	18
Philadelphia	56	65	.463	19
Miami	55	67	.451	20½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	74	48	.607	—
Pittsburgh	67	54	.554	6½
St. Louis	65	56	.537	8½
Milwaukee	54	66	.450	19
Chicago	47	73	.392	26
Houston	39	83	.320	35

WEST DIVISION

	W	L	Pct	GB
Los Angeles	67	55	.549	—
San Francisco	66	55	.545	½
Arizona	62	59	.512	4½
San Diego	53	70	.431	14½
Colorado	46	73	.387	19½

Sunday's results
Cincinnati 5, Chicago Cubs 4
L.A. Dodgers 5, Atlanta 0
Washington 5, N.Y. Mets 2
Arizona 8, Houston 1
Philadelphia 8, Milwaukee 0
Pittsburgh 6, St. Louis 3, 19 innings
Colorado 3, Miami 2
San Diego 7, San Francisco 1
Saturday's results
Cincinnati 5, Chicago Cubs 3, 1st game
St. Louis 5, Pittsburgh 4
Arizona 12, Houston 4
N.Y. Mets 2, Washington 0
Chicago Cubs 9, Cincinnati 7, 2nd game
L.A. Dodgers 6, Atlanta 2
Philadelphia 4, Milwaukee 3
Miami 6, Colorado 5
San Francisco 8, San Diego 7
Monday's games
Atlanta (T.Hudson 12-4) at Washington (Zimmermann 9-7), 7:05 p.m.
Cincinnati (Leake 5-7) at Philadelphia (Halladay 6-7), 7:05 p.m.
Colorado (White 2-6) at N.Y. Mets (Dickey 15-4), 7:10 p.m.
Chicago Cubs (Germano 2-2) at Milwaukee (M.Rogers 0-1), 8:10 p.m.
Miami (Buehrle 10-11) at Arizona (J.Saunders 6-9), 9:40 p.m.
Pittsburgh (W.Rodriguez 7-12) at San Diego (Volquez 7-9), 10:05 p.m.
San Francisco (Bumgarner 13-7) at L.A. Dodgers (Kershaw 11-6), 10:10 p.m.
Tuesday's games
Atlanta at Washington, 7:05 p.m.
Cincinnati at Philadelphia, 7:05 p.m.
Colorado at N.Y. Mets, 7:10 p.m.
Chicago Cubs at Milwaukee, 8:10 p.m.
Houston at St. Louis, 8:15 p.m.
Miami at Arizona, 9:40 p.m.
Pittsburgh at San Diego, 10:05 p.m.
San Francisco at L.A. Dodgers, 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
McCutchen Pit	116	433	85	154	.356
MeCabrera SF	113	459	84	159	.346
Posey SF	109	387	55	129	.333
CGonzalez Col	108	428	78	137	.320
DWright NYM	116	429	73	137	.319
YMolina StL	102	379	47	120	.317
Altuve Hou	112	448	68	137	.306
Holliday StL	117	448	75	137	.306
Braun Mil	111	429	78	131	.305
Freese StL	110	397	56	119	.300

HOME RUNS - Braun, Milwaukee, 33; Beltran, St. Louis, 28; Bruce, Cincinnati, 25; Kubel, Arizona, 25; Ludwick, Cincinnati, 25; McCutchen, Pittsburgh, 24; Stanton, Miami, 24.
PITCHING - Cueto, Cincinnati, 16-6; AJBurnett, Pittsburgh, 15-4; Dickey, New York, 15-4; GGonzalez, Washington, 15-6; Strasburg, Washington, 14-5; Hamels, Philadelphia, 14-6; Lynn, St. Louis, 13-5; Bumgarner, San Francisco, 13-7; Miley, Arizona, 13-8.
Not included including yesterday's games

RANGERS 11, BLUE JAYS 2

Texas	ab	r	h	bi	Toronto	ab	r	h	bi
Kinsler 2b	5	0	1	0	RDavis lf	3	0	0	0
Andrus ss	6	1	4	0	Gose ph	1	0	0	0
Hamltn cf	4	2	1	1	Rasms cf	4	0	0	0
Gentry ph-cf	2	0	0	0	Encrnc 1b	4	0	0	0
Beltre dh	4	1	0	0	YEscor ss	3	1	1	0
N.Cruz rf	3	2	2	1	Sierra rf	2	0	0	0
LMartn ph-lf	0	0	0	0	Mathis dh	2	0	0	0
MiYong 3b	5	2	3	5	McCoy 3b	3	1	1	2
Olt 3b	0	0	0	0	YGoms c	3	0	0	0
DvMrp lf-rf	4	2	3	2	Hchvrr 2b	3	0	0	0
Soto c	5	1	3	1					
Morlnd 1b	5	0	2	1					
Totals	**43**	**11**	**19**	**11**	**Totals**	**28**	**2**	**2**	**2**

Texas	002	152	001	**11**
Toronto	010	010	000	**2**

DP—Toronto 2. LOB—Texas 10, Toronto 1. 2B—Kinsler (33), Hamilton (22), N.Cruz (31), Mi.Young (19), Dav.Murphy 2 (23), Moreland (12). HR—Mi.Young (4), Dav.Murphy (11), McCoy (1). S—Mathis.

	IP	H	R	ER	BB	SO
Texas						
M.Harrison W,14-7	8	2	2	2	1	7
M.Lowe	1	0	0	0	0	0
Toronto						
H.Alvarez L,7-11	4 1-3	12	8	8	3	3
Lincoln	1 2-3	4	2	2	0	1
Delabar	1	1	0	0	0	2
Lyon	1	0	0	0	1	0
Jenkins	1	2	1	1	1	0

Umpires—Home, Bill Welke; First, Angel Campos; Second, Tim Tschida; Third, Jeff Nelson. T—2:34. A—35,701 (49,260).

SATURDAY

RANGERS 2, BLUE JAYS 1

Texas	ab	r	h	bi	Toronto	ab	r	h	bi
Kinsler 2b	4	0	0	0	RDavis lf	5	0	1	0
MiYong ss	3	0	0	0	Rasms cf	5	0	0	0
Andrus ss	0	0	0	0	Encrnc dh	2	0	0	0
Hamltn lf	4	0	0	0	Cooper 1b	4	0	1	0
Beltre 3b	4	1	2	0	YEscor ss	4	0	1	0
N.Cruz dh	3	1	1	2	McCoy 3b	0	0	0	0
DvMrp rf	3	0	0	0	KJhnsn 2b	3	0	0	0
Morlnd 1b	3	0	2	0	Mathis c	4	0	1	0
Gentry cf	3	0	0	0	Gose rf	3	1	1	0
LMrtnz c	2	0	0	0	Hchvrr 3b-ss	3	0	2	1
LMartn ph	1	0	0	0					
Soto c	0	0	0	0					
Totals	**30**	**2**	**5**	**2**	**Totals**	**33**	**1**	**7**	**1**

Texas	000	020	000	**2**
Toronto	001	000	000	**1**

E—Jenkins (1). LOB—Texas 2, Toronto 10. 2B—Beltre (23), Hechavarria (2). HR—N.Cruz (19). SB—R.Davis (38), Gose (10). CS—Dav.Murphy (3), Gentry (6). S—Hechavarria.

	IP	H	R	ER	BB	SO
Texas						
Oswalt	4 2-3	2	1	1	2	5
R.Ross	1 1-3	3	0	0	0	3
Scheppers H,3	1-3	2	0	0	1	0
Kirkman W,1-2 H,2	2-3	0	0	0	0	0
Mi.Adams H,22	1	0	0	0	0	0
Nathan S,24-25	1	0	0	0	0	2
Toronto						
Villanueva L,6-3	6 1-3	4	2	2	1	4
Loup	2-3	1	0	0	0	0
Jenkins	1 1-3	0	0	0	0	1
Oliver	2-3	0	0	0	0	0

Loup pitched to 1 batter in the 8th.
HBP—by Oswalt (Encarnacion). PB—Mathis.
Balk—Oswalt 2.
Umpires—Home, Jeff Nelson; First, Bill Welke; Second, Angel Campos; Third, Tim Tschida.
T—2:47. A—30,033 (49,260).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	25	14	7	4	31	22	46
New York	25	13	7	5	43	36	44
Chicago	24	12	7	5	30	26	41
Houston	25	11	6	8	37	29	41
D.C. United	23	11	8	4	37	30	37
Montreal	27	11	13	3	39	44	36
Columbus	22	8	8	6	23	24	30
Philadelphia	22	7	12	3	24	28	24
New England	24	6	13	5	27	31	23
Toronto	24	5	14	5	27	43	20

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	25	14	6	5	48	32	47
Real Salt Lake	26	13	10	3	37	32	42
Seattle	24	11	6	7	34	24	40
Los Angeles	26	11	11	4	44	40	37
Vancouver	26	10	9	7	28	33	37
Dallas	27	8	11	8	33	35	32
Chivas USA	22	7	9	6	15	26	27
Colorado	25	8	15	2	32	36	26
Portland	24	5	13	6	24	42	21

Note: Three points for a win, one for a tie.
Sunday's results
Columbus 2 Houston 2
New York 3 Portland 2
Philadelphia 1 D.C. United 1
Saturday's results
Seattle 2 Vancouver 0
Kansas City 1 Toronto 0
Montreal 3 San Jose 1
Chicago 2 New England 1s
Dallas 2 Real Salt Lake 1
Chivas USA 1 Colorado 1
Wednesday, Aug. 22
Chicago at D.C. United, 7:30 p.m.
Toronto at Columbus, 7:30 p.m. (rescheduled from Aug. 18 due to Columbus player funeral)
Friday, Aug. 24
Real Salt Lake at Philadelphia, 7:30 p.m.
Saturday, Aug. 25
D.C. United at Montreal, 4 p.m.
New England at Columbus, 7:30 p.m.
Toronto at Houston, 8:30 p.m.
Seattle at Chivas USA, 10:30 p.m.
Vancouver at Portland, 10:30 p.m.
Colorado at San Jose, 10:30 p.m.
Sunday, Aug. 26
Dallas at Los Angeles, 7 p.m.
New York at Kansas City, 9 p.m.

FOOTBALL

NFL PRE-SEASON

Sunday's result
Indianapolis at Pittsburgh
Saturday's results
N.Y. Giants 26, N.Y. Jets 3
Houston 20, San Francisco 9
St. Louis 31, Kansas City 17
Chicago 33, Washington 31
San Diego 28, Dallas 20
Seattle 30, Denver 10
Friday's results
Tennessee 30, Tampa Bay 7
Minnesota 36, Buffalo 14
Jacksonville 27, New Orleans 24
Detroit 27, Baltimore 12
Carolina 23, Miami 17
Arizona 31, Oakland 27
Monday's game
Philadelphia at New England, 8 p.m.
Thursday, Aug. 23
Green Bay at Cincinnati, 7 p.m.
Jacksonville at Baltimore, 7:30 p.m.
Arizona at Tennessee, 8 p.m.

TENNIS

ATP-WTA

WESTERN & SOUTHERN OPEN
At Mason, Ohio
Sunday's results
MEN
Singles
Championship
Roger Federer (1), Switzerland, def. Novak Djokovic (2), Serbia, 6-0, 7-6 (7).
Doubles
Championship
Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, def. Mahesh Bhupathi and Rohan Bopanna (6), India, 6-4, 6-4.
WOMEN
Singles
Championship
Li Na (9), China, def. Angelique Kerber (5), Germany, 1-6, 6-3, 6-1.
Doubles
Championship
Andrea Hlavackova and Lucie Hradecka (5), Czech Rep., def. Katarina Srebotnik, Slovenia, and Zheng Jie (8), China, 6-1, 6-3.
Saturday's results
MEN
Singles
Semifinals
Roger Federer (1), Switzerland, def. Stanislas Wawrinka, Switzerland, 7-6 (4), 6-3.
Novak Djokovic (2), Serbia, def. Juan Martin del Potro (6), Argentina, 6-3, 6-2.
Doubles
Semifinals
Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, def. Bob and Mike Bryan (2), U.S., 7-5, 6-7 (5), 10-2 tiebreak.
Mahesh Bhupathi and Rohan Bopanna (6), India, def. Ivan Dodig, Croatia, and Marcelo Melo, Brazil, 6-4, 6-3.
WOMEN
Singles
Semifinals
Angelique Kerber (5), Germany, def. Petra Kvitova (4), Czech Rep., 6-1, 2-6, 6-4.
Li Na (9), China, def. Venus Williams, U.S., 7-5, 3-6, 6-1
Doubles
Semifinals
Katarina Srebotnik, Slovenia, and Zheng Jie (8), China, def. Nuria Llagostera Vives and Maria Jose Martinez Sanchez (6), Spain, 6-4, 6-3.

CFL

WEEK 8

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	7	4	3	0	202	213	8
Toronto	7	4	3	0	160	165	8
Hamilton	7	3	4	0	207	230	6
Winnipeg	7	2	5	0	159	224	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	7	5	2	0	182	124	10
Edmonton	7	4	3	0	164	137	8
Calgary	7	3	4	0	200	196	6
Saskatchewan	7	3	4	0	180	165	6

Sunday's result
B.C. 24 Saskatchewan 5
Saturday's result
Toronto 22 Calgary 14
Friday's result
Montreal 38 Edmonton 25
Thursday's result
Winnipeg 32 Hamilton 25

GOLF

PGA-WYNDHAM CHAMPIONSHIP
At Greensboro, N.C.
Par 70
Final round
(note—play suspended due to rain with 38 golfers left to finish; round to finish Monday at 9 a.m. ET):

Chris Kirk	66-69-69-67—271
Rod Pampling	68-66-70-68—272
Charles Howell III	67-69-71-66—273
Nick Watney	66-69-70-68—273
Josh Teater	67-71-69-67—274
Ryan Moore	71-68-68-67—274
Y.E. Yang	67-69-69-69—274
Jeff Overton	69-69-67-69—274
Russell Knox	68-68-69-69—274
Kyle Reifers	67-72-66-69—274
Kevin Kisner	68-71-70-66—275
Kevin Stadler	73-65-68-69—275
Nick O'Hern	68-71-67-69—275
Jerry Kelly	72-67-69-68—276
Jamie Donaldson	68-66-71-71—276
Alexandre Rocha	68-68-69-71—276
David Mathis	63-71-73-70—277
Derek Lamely	69-68-70-70—277
Jonas Blixt	72-67-67-71—277
Charlie Wi	72-67-70-69—278
Chez Reavie	67-69-71-71—278
Ryuji Imada	67-70-70-71—278
Scott Dunlap	70-69-67-72—278
Blake Adams	67-71-67-73—278
Troy Kelly	71-68-69-71—279
Billy Mayfair	69-70-74-67—280
Jeff Maggert	68-71-74-68—281
Tom Pernice, Jr.	70-68-74-70—282
Arjun Atwal	66-69-75-72—282
Brendan Steele	72-65-71-74—282
Cameron Beckman	73-66-69-74—282
Camilo Villegas	72-67-70-74—283
Ben Kohles	72-67-70-74—283
Stuart Appleby	67-71-69-76—283
Jason Kokrak	66-69-77-73—285
Chris Stroud	68-70-72-75—285
Paul Casey	68-70-77-75—290

WEB.COM MIDWEST CLASSIC
At Overland Park, Kan.
Par: 71
Final Round

Shawn Stefani, $99,000	68-68-67-64—267
Luke List, $48,400	70-68-64-67—269
Russell Henley, $48,400	68-66-67-68—269
Tag Ridings, $24,200	68-68-66-68—270
Matt Weibring, $24,200	65-69-65-71—270
Luke Guthrie, $19,113	69-67-70-65—271
Ben Martin, $19,113	69-68-65-69—271
Robert Streb, $15,950	68-69-70-65—272
Jason Schultz, $15,950	68-67-68-69—272
Jason Gore, $15,950	65-70-68-69—272
Guy Boros, $11,275	71-69-65-68—273
Duffy Waldorf, $11,275	70-65-69-69—273
Scott Gardiner, $11,275	70-68-65-70—273
Christopher DeForest, $11,275	66-67-68-72—273
Jamie Lovemark, $11,275	72-66-63-72—273
James Nitties, $11,275	68-66-66-73—273
David Skinns, $8,250	68-69-69-68—274
Derek Fathauer, $8,250	67-71-67-69—274

LPGA SAFEWAY CLASSIC
At North Plains, Ore.
Par: 72
Final Round

Mika Miyazato, $225,000	65-68-70—203
Brittany Lincicome, $118,654	67-71-67—205
Inbee Park, $118,654	66-70-69—205
Haeji Kang, $63,377	71-69-66—206
Cristie Kerr, $63,377	66-70-70—206
So Yeon Ryu, $63,377	67-68-71—206
Sydnee Michaels, $42,545	65-72-70—207
Michelle Wie, $37,274	69-70-69—208
Karine Icher, $32,003	71-70-68—209
I.K. Kim, $32,003	71-69-69—209
Yani Tseng, $28,237	70-67-73—210
Lizette Salas, $24,020	71-70-70—211
Brittany Lang, $24,020	71-69-71—211
Jee Young Lee, $24,020	67-73-71—211
Amy Yang, $24,020	68-70-73—211

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Horoscopes

♈ Aries
March 21 - April 20
There are general, everyday risks and there are the kind of risks that only an Aries would dare take — and you'll be taking plenty today. A major Sun-Mars link means your luck is about to turn. Enjoy it!

♉ Taurus
April 21 - May 21
The best way to improve your life is to focus your thoughts and feelings on what means most to you in this world. Forget about your ambitions and concentrate on the people who you really, truly, madly love.

♊ Gemini
May 22 - June 21
You have plenty to say for yourself but do other people understand your message? Your task today is to get across your central idea in ways that don't leave those with lesser minds feeling too confused.

♋ Cancer
June 22 - July 23
If you are having second thoughts about a commitment you made then you should be able to wriggle out of it without too much trouble. Don't make a habit of it though or your reputation will suffer.

♌ Leo
July 24 - Aug. 23
The recent new moon in your sign means there is no more confusion: you know exactly what you should be doing and exactly how it must be done. It's Monday and the start of a new week — so get started!

♍ Virgo
Aug. 24 - Sept. 23
Are you at peace with yourself? Even if you are not you will be able to find a special place of inner tranquility over the next few days — the place where nothing and no one can touch you or harm you.

♎ Libra
Sept. 24 - Oct. 23
You have a great deal in common with a certain group of people and if you make the effort to spend time with them there is a lot they can teach you. Share your dream with them too — they'll like it.

♏ Scorpio
Oct. 24 - Nov. 22
You may find it hard to trust someone you work or do business with but what choice do you have? Sometimes even a Scorpio must put their doubts aside and just get on with it. You won't lose out.

♐ Sagittarius
Nov. 23 - Dec. 21
What you hear today may sound too good to be true but you would be wrong to dismiss it out of hand. An excellent Sun-Mars link indicates it's all above board – and very much in your favour.

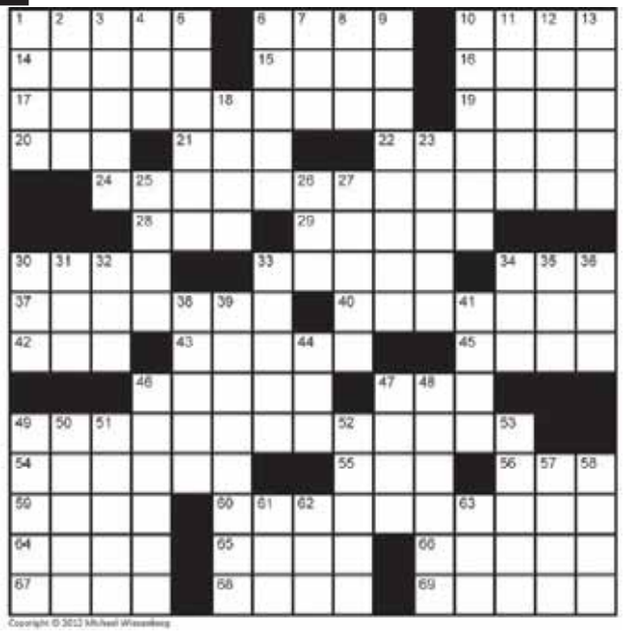
♑ Capricorn
Dec. 22 - Jan. 20
Step back from what you are working on and look at it from a higher level. What does it mean in the greater scheme of things? If your answer is "nothing" then you should be working on something else.

♒ Aquarius
Jan. 21 - Feb. 19
Resist the temptation to make accusations, because if you start the week with a distrustful attitude it will colour your relationships for the next seven days. No one is trying to cheat you — so don't cheat yourself.

♓ Pisces
Feb. 20 - March 20
Let your mind wander in imaginary realms. You are probably fed up with friends and colleagues and loved ones telling you to get your head out of the clouds but that's the best place for it today. Dream on. SALLY BROMPTON

Crossword: The East, Musicians, Water, and a Capital

BY MICHAEL WIESENBERG



Across
1. "___ you knockin', but you can't come in" (2 wds.)
6. Colorless
10. Big name in moisturizing products
14. Become aware of
15. Copied
16. TV host Letterman
17. Canada is gateway to this eastern area of expanding importance (2 wds.)
19. Cinnabar and hematite
20. Secret agent
21. "___ Mine": Beatles song written by George Harrison (2 wds.)
22. Hors d'___: appetizer
24. Formed in 1970, this world renowned chamber ensemble quintet always performs in formal black suits plus white running shoes (2 wds.)
28. Smallville villain Luthor
29. Silences, as a TV
30. Canadian force
33. Croc's cousin
34. And so on
37. Northwest ___: Canadian sea route only recently open to regular marine shipping
40. Canada's most populous province
42. Star of The A-Team (2 wds.)
43. Guitar relatives with pear-shaped bodies
45. Agency employee, informally
46. "... ___ evil, speak ..." (2 wds.)
47. Green machine
49. Largest tributary of BC's Fraser (2 wds.)
54. Actress Bernhardt and singer Vaughan
55. Personals
56. Consume
59. Extra: abbr.
60. YT capital
64. Cinema spool
65. Rabbit
66. Worth something (2 wds.)
67. Georgia and Belarus, once: initialism
68. Versified tributes
69. Needs

Down
1. AOL and Comcast
2. Pile
3. Britannica, for one: abbr.
4. "Do ___ say!" (2 wds.)
5. Free from impurities
6. Measured on foot, with "off"
7. Spring mo.
8. Hawaiian garland
9. Alberta's second-largest city
10. Smells
11. Cocoon spinner
12. Asserts
13. Agreements
18. Canada's "Think Big" company
23. TV movie critic Roger
25. European mountains
26. Beatles hit "___ Loser" (2 wds.)
27. Cars
30. Tach reading
31. Windsor product
32. 9-Down time
33. "I Can't ___ Satisfaction" (2 wds.)
34. Before: poetic
35. ___ Horton's
36. 30-Across member
38. First Hebrew alphabet letter
39. Winnipeg's "American Woman" band (2 wds.)
41. "Look ___ when I'm talking to you" (2 wds.)
44. Very long time, as spelled south of the border
46. Some 58-Down sizes
47. Assistant
48. Network offering (2 wds.)
49. Their rule ended in 1917
50. Hell
51. TV's Law & ___
52. Amounts charged
53. TV's summer fare
57. 47-Down: abbr.
58. Casual shirts
61. Owned
62. Displeasure
63. Birds ___ feather (2 wds.)

Friday's crossword

What's online

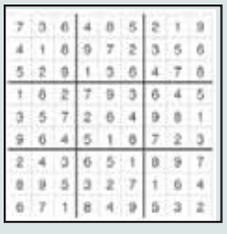
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1					9	2	5	
	4			2		9	7	
2			4					3
				5			3	9
		9				8		
5	6			3				
8					4			6
	7	6		9			1	
	2	3	5					7

Friday's Sudoku



Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 29° MIN: 14°	MAX: 27° MIN: 14°	MAX: 21° MIN: 11°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
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WEEKDAYS 5:30 AM

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2012 FORD F150
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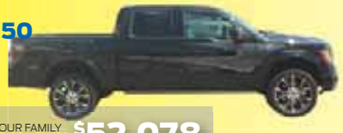
HWY 12.7L / 100KM
CITY 18.5L / 100KM



MSRP	$66,599
EMPLOYEE PRICING ADJUSTMENT	$8,021
DELIVERY ALLOWANCE	$6,500

YOUR FAMILY PRICE + TAXES **$52,078**

- $1,000 F-SERIES LOYALTY & CONQUEST CUSTOMER

2012 FORD F150 FX4
APPEARANCE PACKAGE

HWY 9.6L/100km
CITY 14.0L/100km

MSRP	$59,799
EMPLOYEE PRICING ADJUSTMENT	$7,070
DELIVERY ALLOWANCE	$6,500

YOUR FAMILY PRICE + TAXES **$46,229**

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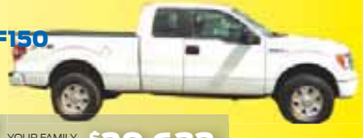
2012 FORD F150 STX

HWY 9.7L / 100KM
CITY 13.4L / 100KM



MSRP	$40,499
EMPLOYEE PRICING ADJUSTMENT	$4,367
DELIVERY ALLOWANCE	$6,500

YOUR FAMILY PRICE + TAXES **$29,632**

- $1,000 F-SERIES LOYALTY & CONQUEST CUSTOMER

2012 FORD F250
DIESEL SUPER DUTY

HWY 8.7L/100km
CITY 12.1L/100km

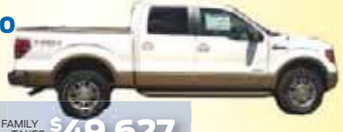
MSRP	$62,259
EMPLOYEE PRICING ADJUSTMENT	$7,298
DELIVERY ALLOWANCE	$5,000

YOUR FAMILY PRICE + TAXES **$49,961**

- $1,000 F-SERIES LOYALTY & CONQUEST CUSTOMER

2013 FORD F150
KING RANCH ED

HWY 9.6L/100km
CITY 14.0L/100km



MSRP	$63,749
EMPLOYEE PRICING ADJUSTMENT	$7,622
DELIVERY ALLOWANCE	$6,500

YOUR FAMILY PRICE + TAXES **$49,627**

- $1,000 F-SERIES LOYALTY & CONQUEST CUSTOMER

2013 FORD F350
KING RANCH ED

HWY 8.7L/100km
CITY 12.1L/100km

MSRP	$63,749
EMPLOYEE PRICING ADJUSTMENT	$8,668
DELIVERY ALLOWANCE	$4,000

YOUR FAMILY PRICE + TAXES **$59,371**

- $1,000 F-SERIES LOYALTY & CONQUEST CUSTOMER

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